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Bangalore Mirror

TEMP Max 31 | Min 21 | Humidity 54% Partly cloudy sky Sensex 59,106 | Nifty 17,398 | Gold 59,750 | Silver 72,750 | Dollar 82.24 | Euro 89.65 | GBP 102.04

Buffer zone violation, sewage inflow, debris dumping, unscientific drain greet NGT committee inspecting Bellandur Lake desilting

LAKELUSTRE

'Width of storm water drain reduced for remodelling'

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Saplings with bamboo guards on a temporary road at Bellandur Lake; (Inset) Prof TV Ramachandra and BDA engineers inspecting an 'illegal' storm water drain connected to Bellandur Lake

Bellandur Lake continues to be in the limelight for one reason or the other. The latest is the failure of the authorities concerned to follow the National Green Tribunal (NGT) guidelines.

The Bruhat Bengaluru Mahanagara Palike's (BBMP) storm water drain department has allegedly violated NGT norms by constructing a parallel storm water drain to the existing one between Agara and Bellandur lakes.

The NGT monitoring committee visited Bellandur Lake to inspect the progress of the ongoing desilting work. The committee expressed displeasure over the construction of an additional storm water drain between Agara and Bellandur lakes.

"It is a complete violation of NGT guidelines. The authorities concerned did not take permission to connect the storm water drain to Bellandur Lake. Now, sewage is flowing into the lake through this storm water drain. I will complain to the NGT about this blatant violation," said professor TV Ramachandra, member, NGT monitoring committee.

Professor Ramachandra directed the BDA engineers to take

CONTINUED ON PAGE 6 »

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POLLUTION BOARD'S REPORT HAS NGT SEETHING

"To avoid flooding at nearby apartment complexes, BBMP has constructed one more storm water drain but it carries sewage into the lake instead of rain water

— Professor TV Ramachandra, member, NGT monitoring committee

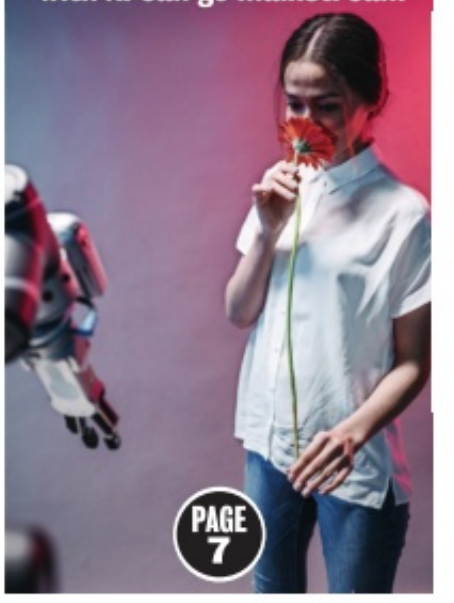
STRAP IT ON

Half-helmets continue to be worn despite laws in city

PAGE 3

THE LOVE MACHINE

Sex, love & companionship with AI can go mainstream



PAGE 7

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Up in smoke

Dry leaves being burnt on the premises of Bangalore University

PIC: KAUSHIK JN

A fine balancing act

Four girls win gold in gymnastics in Bengaluru; parents, sport enthusiasts say it is time the sport got more attention and funding

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Four spunky girls have made Bengaluru proud by winning gold medals at a national level gymnastics event held recently in the city.

Riyanshi Patnaik, Nishka Bedi and Vigya Gupta participated in the Under-11 age category and won gold, while Akriti Sarkar won gold in the women's individual age group of 12-14.

Many sports enthusiasts say that it is time for the State Government to focus on diverse sports. "Unarguably, there is a hyped focus on cricket while most of the other sports are ignored. Now, Bengalureans are excelling in sports like gymnasts, skiing and others. However, we don't have enough infrastructure to support various games. So, the government should step in and create infrastructure for other sports as well," Gopalakrishna Y, a sports enthusiast said, adding that gymnastics, being a unique sport, requires dedication, focus, and passion as it needs daily practice. It teaches individuals to be more focused, determined and helps to mould them into strong and tough individuals in life.

Riyanshi's father Deepankar said, "Previously, it was challenging to find good coaching centres/trainers in Bengaluru. However, now, after a few private institutes have opened up, kids are taking up the sport seriously. Since mostly the institutes are private, fees also pinch parents' pockets. Now, there are many competitions held in Bengaluru as well. If we promote this sport for state trials and nationals by the media and the government, more and more kids will take up the sport. However, the government or local federation needs to do more after getting good support from the local government."

He said that the training infrastructure in Bengaluru was good, and there are a few good training centres as well. After the national competitions, coaches from other states are also available to coach the kids. If government takes up more initiatives, then more and more kids will take up this sport.

Riyanshi, Nishka, Vigya won gold in the Under-11 category while Akriti won gold in individual age group of 12-14. They would practise rigorously daily (inset)

Many parents said that the current federation needs to be more fair in judgement, and scoring needs to be on par with the national level.

There is so much discrepancy in the scoring pattern between state and national. Sometimes bad judgement wastes someone's career. Neutral judges from other states should come during state trials. Kids from Karnataka can compete equally and emerge as top gymnasts in the country and bring laurels for the country. All facilities like other countries with scholarships should be provided for state and national medallists. Currently, there is no funding, and everything is borne by parents at their personal level, Patnaik said, adding that to improve gymnastic training in Bengaluru, the government should provide support like prize money for national medal winners, he added.

"Basic things like sports jackets with the Karnataka state name should be provided, like other states/union territories such as Gujarat, Jammu and Kashmir, Maharashtra. When our kids finish on the podium, they miss all these basic things. Good coaching facilities should be built not only by private bodies but also by the government. All national winners should get scholarships and stipends, and the media should cover the sport during state and national trials," Patnaik said.

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2 THINGS TO DO

01 Just for kids

The Neev Literature Festival has announced fellowships for children's book creators (writers and illustrators). Proposals are invited from creators to produce a book in any genre that has the power to connect with young readers universally. The fellowships will support selected book creators with a grant of Rs 6 lakh each for a period of one year for researching and writing their book.

Last date to apply: June 30, 2023
Apply: nlf-fellowships-for-book-creators.paperform.co/

02 Classic moves

To celebrate the legacy of Odissi legend Guru Kelucharan Mohapatra, Sanjali Centre for Odissi Dance presents 'Pravaha Dance Festival'. The evening will feature Sanjali ensemble's group Odissi dance, led by the disciples of acclaimed Odissi Danseuse Sharmila Mukerjee, as well as Smt. Aparna Vinod Menon's Solo Bharatanatyam performance, honed under the tutelage of the late Guru B Bhanumati. Adding to the lineup, the festival will also eature a Kathak duet by Rohini Prabhath and Shreya Vathsa, trained by renowned gurus Nirupama Rajendra and TD Rajendra.

Where: Seva Sadan, Malleswaram; When: April 7, 6 pm

Joyride? Keep that helmet on!

Half-helmets continue to be worn despite laws against it; many do not strap it on in the absence of watchful cops

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A software engineer by profession, Sulochana was admitted to a hospital recently after she sustained heavy injuries from a burst tire on Nice Road near Hoskerehalli in Bengaluru. died in the hospital. According to the sources, Sulochana experienced severe head injury because she was wearing a half helmet, putting the spotlight on motorists continuing to wear half helmets despite laws that have banned half helmets.

According to passers-by, Sulochana was wearing a half helmet, and had received a severe blow on her head and her ear was also bleeding. Doctors said that Sulochana died on the morning of April 3, due to a blood clot in her head.

The city has recorded 5,76,864 cases for riders not wearing helmets and 1,20,728 cases of pillion riders not wearing helmets, in 2023.

Suraj, a resident of the city says that he has spotted several people who would wear helmets when there are police around but as soon as they move to an area where there are no police, they remove their helmet.

Many are seen without helmets especially on the outskirts of Bengaluru

> **They need to understand that irrespective of police surveillance, many stretches of the city are prone to accidents**
> –Suraj, a commuter

"Riders not wearing their helmets outside the CBD was common until a couple of years ago when traffic policemen started standing at select junctions even on the outskirts. Many riders think that it is not essential to wear helmets while commuting through internal roads. But they need to understand that irrespective of police surveillance, many stretches of the city are prone to accidents. I feel it is the riders' responsibility to wear helmets for their own safety. The police can only recommend helmets and enforce the rule to an extent," he said.

Though there is a rule for not using a half helmet, there is no rule for people not strapping it on. Many can be spotted on the road where they would be wearing helmets but they do not strap it.

"There are no specific areas where we have noticed helmet-less riding but yes, it can be said that it happens a lot on the outskirts of the city. Also, there is no specific rule for strapping on the helmet. The police or the AI cameras can only detect cases in which the person is not wearing a helmet, it cannot detect specifics," said traffic police.

Dream home but it's someone else's too!

Incomplete flats of Sri Vani Shelter

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If the story of around 50 hapless homebuyers is anything to go by, a few greedy builders continue to take a ride on gullible homebuyers without any remorse or repentance. A housing project by Sri Vani Shelter not only remained incomplete even after three years of the deadline but also became a nightmare as a few flats are allegedly registered in multiple names.

Some of the homebuyers were shocked when they came to know that flats registered in their names were also sold to other homebuyers. All these homebuyers were supposed to have their dream homes at Lalbahadur Shastri Layout near Gottigere in Bengaluru South.

After coming to know about the scam, homebuyers have been running pillar to post seeking justice. It is said that they have already lodged a complaint with Karnataka Real Estate Regulatory Authority.

On Monday, some of the homebuyers have approached Talaghattapura Police Station to lodge a complaint against Sri Vani Shelters for cheating them.

"I was shocked when I came to know that my flat (No. 306) was sold to another homebuyer. I paid Rs 5.50 lakh as downpayment for the same and availed loan of Rs 14 lakh in 2020. The builder cancelled my sale agreement of flat No. 306 and asked me to take the flat No. A301. However, I could get the flat No A301 registered on my name as the bank refused to sanction the housing loan till the completion of construction. But the builder did not complete the construction work. Now, I am still paying EMI for the loan for flat 306 and the builder is absconding," said Sudhir Nagaraj, a homebuyer.

Shalini B, a HR professional from Hebbal, said that she came to know about her flat registered to another homebuyer. "I came to know about Sri Vani Shelters through a common friend whose wife is my colleague. The builder registered the flat on my name at the Sub-Registrar Office, JP Nagar in 2019. I came to know that it was sold to another homebuyer. I have to pay the EMI for the housing loan availed from LIC Housing Finance," said Shalini.

Ragamsetti Surekha from Shantinagar came to know about Sri Vani Shelters through Vishwanath K who worked as a marketing manager of Sri Vani Shelters. "I paid Rs 27 lakh to the builder in 2019. I had to sell a site at native place to garner funds for buying a 2BHK flat. The builder promised me to handover the flat in 2020 but the flat is not ready even after three years of the deadline," said Surekha.

> **I did not know the builder would run away... My relatives invested Rs 80 lakh**
> –Vishwanath K, marketing manager, Sri Vani Shelters

She said that the builder has become elusive and there is no one to answer queries or redress grievances.

Vishwanath K said that he has also invested money in the housing project. "I did not know that the builder would run away without completing the housing project. My relatives invested Rs 80 lakh. Many of my friends also bought flats here because of me. I am not able to answer their queries."

He said that he has already lodged a complaint with Karnataka Real Estate Regulatory Authority against the builder for inordinate delay in completing the housing project.

Pradeep Kumar of Sri Vani Shelters was not available for comment.

IN BRIEF

Tragic end to chase

A man fell to his death from a railway flyover while running from the police.

The deceased was identified as Abraham, 30, a resident of Swatantra Palya. According to the sources, Abraham was with two people who were smoking marijuana in a deserted area. The three were caught by the police smoking marijuana and the deceased was running, thinking he was being chased by the police.

Abraham's body has been shifted to Victoria Hospital. A case has been registered under Malleswaram Police Station. **BMB**

Man beaten to death

A young man was brutally beaten to death with a stick in the city's Pillanna Garden.

The victim has been identified as Satish, 22. On April 2, late at night, miscreants killed Satish by hitting him on the head with a stick. Later, they dumped the body in an empty space near the railway track and fled. A team of FSL experts visited the incident site and inspected it. The case took place in the jurisdiction of KG Halli police station. **BMB**

Flight's U-turn after take-off

An Abu Dhabi-bound Etihad Airways flight returned to the Kempegowda International Airport shortly after take-off due to a technical issue, the airline said on Monday.

The airline said that the aircraft landed normally. The flight inspection was done and later took off to its destination where it landed this morning.

"Etihad Airways flight EY237 returned shortly after take-off due to a technical issue. The flight continued to Abu Dhabi, where it landed early this morning," Etihad Airways said. **ANI**

It's crunch time: Hurry up with fixing this road

Residents in Kodathi complain of inconveniences caused as result of delayed pipeline project carried out by BWSSB despite several complaints

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The residents of Assetz 63 apartment face a daily nightmare trying to pass the stretch of Kodathi, which has been in a poor condition for over two years. They say that despite several pleas, the authorities have not taken any action to address the issue.

The stretch from Assetz 63 apartment to Kodathi was taken up by the Bangalore Water Supply and Sewerage Board (BWSSB) to lay underground pipelines for the Cauvery fifth stage pipeline project. However, as the work is progressing slowly, the residents are left furious and frustrated.

The stretch of Kodathi road that comes under Mahadevapura constituency does not have any asphalt. It is a muddy, dusty and uneven stretch which is risking the lives of citizens every day. Additionally, there are no streetlights on the stretch and for people to commute through the stretch during the nights is an everyday ordeal.

According to the residents, they have been making frequent complaints to fix the road and complete the road asphalting work. However, there has been a huge delay. The road belongs to the Public Works Department (PWD), and its officials claim that the BWSSB has to take up the restoration work since they are carrying out the underground pipeline work. When citizens approach the BWSSB, they are only asked to wait until the work is completed.

Arif Mudgal, a social activist said, "Last year, we had a meeting with the elected representatives and officials from different departments and asked them when the underground pipeline work would be completed. We were told that it will be done in six months. However, it is more than a year now and the work isn't completed."

The stretch from Assetz 63 apartment to Kodathi was taken up by the BWSSB to lay underground pipelines

Earlier, the pipeline was laid and the road was filled. But now again the residents see parts of the stretch being opened up. This stretch has no streetlights and is leading to many accidents during the night, he added.

Furthermore, the residents pointed out that schools are located on this stretch of the road and it is extremely difficult to drop children to their schools or even for buses to move safely.

"We still do not know the end date of this pipeline project. It has been going on forever now. Every day, we are putting the lives of hundreds of school kids at risk – a resident

dreds of school kids at risk. The road has become extremely dangerous and it is very scary to ride or drive on it. There are more than 2000 residents staying in this apartment. All of us are deprived of a basic road to commute," a resident informed anonymously.

Meanwhile, a BWSSB official from Mahadevapura division told Bangalore Mirror that the board has to carry out hydro tests, wherein they test if the 1300 mm pipeline is able to withstand the water force.

"We have finished carrying out the test in certain places. The only pending work is near the Kodathi railway track. We had to lay the pipeline under the railway track, which was a very difficult job and took a long time to complete. We even had to acquire permission from the railway division. The work had to be carried out using trenchless technology, which is a major work and takes time. We also tried our level best to complete the work on time," he said.

But while the work is ongoing, there are different problems on ground that also need to be addressed. Now that the pipeline has been laid, only a few pending works are left. We are aiming to finish the work by the end of this month, and thereafter we will take up asphalting the road, he added.

Hoteliers put off price hike plan by 2 months

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After a crucial meeting on Monday evening, the Bruhat Bengaluru Hotels Association (BBHA) announced that they would wait for two more months before considering any hike in prices. The meeting, which was attended by key hoteliers in the city, was called to discuss the possibility of increasing prices due to rising input costs.

After the meeting, BBHA President PC Rao stated that the hoteliers had 'discussed threadbare' the issue of price hikes, and acknowledged that it was the only way to ensure the survival of the hotel industry. However, the association had decided to wait for two more months to see if input costs would soften and alleviate the financial burden on the industry.

"Even after two months, if the prices don't reduce, then we may be forced to take a hard decision to hike the prices," he added.

According to sources, the hotel industry was divided on the issue, with some advocating for an increase in prices, while others were concerned that such a move could deter customers. Some hoteliers have reportedly chosen to mitigate the impact of price hikes by slightly decreasing the quantity of their offerings.

Bangalore Mirror
Eating out can now hurt your pockets

BM's report on April 3, 2023 about hotel owners' decision to raise the prices of food items by a minimum of 5 per cent

It remains to be seen how the market will respond to any potential price hikes in the future, but for now, the BBHA has opted for a cautious approach, hoping that input costs will eventually come down and alleviate the pressure on the hotel industry.

PUBLIC NOTICE

Bharat Petroleum Corp. Ltd., (BPCL) a company incorporated under the Indian Companies Act 1913 is intending to take on lease the vacant Land in Old Sy.No.30/1 and New Sy.No 30/6 measuring an extent of 0.25 Guntas, Old Sy No. 30/2 and New Sy.No 30/7 measuring an extent of 0.21.04 Guntas, situated at Hale Nilgal Village, Sompura Hobli, Nelamangala Taluk Bangalore Rural District, from its owner Smt.Nanjamma W/o Late Channaveeriah and Sri. Rudresh N.V. S/o Late Virupakshaiah, Both Residing at Nandihalli Village, Urdigere Hobli, Tumakuru. The land bounded East by Rudresh Remaining Land, West by Nanjamma Remaining Land North by NH 48 (Bangalore Pune Highway), South Nanjamma and Rudresh. If any person or entity (Organized or unorganized) other than the above mentioned owner is having any right claim in any manner over the said property the same may be intimated to BPCL at following address within **15 days** from today.
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CHANDAN .B, Advocate
Byraveshwara Nilaya, Subesh Nagar, Nelamangala
PH: 8722054869, Date: 01/04/2023

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Move the cart
Bannerghatta

The footpath at 5th Cross, Bilekahalli, Bannerghatta Main Road, has been blocked by a cart. This has caused difficulties for vehicle to turn on the road.

Wrong time
Vasanth Nagar

Around 3 pm, garbage trucks arrive at the garbage pick-up point, opposite to Volvo car showroom in Vasanth Nagar, causing a traffic jam.

Make space
Cornwell Road

Cornwell Road lacks pedestrian space, making it difficult for people to walk safely.

Bommai to seek reelection from Shiggaon

POLL VAULT

Chief Minister Basavaraj Bommai on Monday confirmed he would seek reelection from his home town of Shiggaon in Haveri district in the Assembly elections.

Stating that there is "pro-incumbency" in the state, Bommai said a lot of changes have taken place in the country after the BJP-led government led by Prime Minister Narendra Modi came to power.

"I will contest from Shiggaon in Haveri," Bommai told reporters.

He added that the ruling BJP was fully prepared to face the election. "We are seeking votes based on our performance"

Hassan tussle in JD(S): 'Father will take a call'

JD(S) leader HD Kumaraswamy on Monday said there is no change in his stand regarding selection of candidate for the Hassan seat, for the May 10 Assembly polls in Karnataka and that his father and party patriarch HD Deve Gowda would take a final decision on this.

Hassan seat, has become a bone of contention, as Gowda's daughter-in-law Bhavani Revanna, who has thrown her hat in the ring, has not relented, despite her brother-in-law Kumaraswamy, repeatedly making it clear that she will not be fielded, and instead a "loyal party worker" will enter the fray.

Bhavani Revanna, a former Hassan zilla panchayat member, is the wife of Kumaraswamy's elder brother and former Minister HD Revanna, and has the backing of her husband and son Prajwal and Suraj Revanna, who are Member of Lok Sabha from Hassan and a MLC respectively, who have rallied behind her.

Vijayendra to fight from Shikaripura

Former Karnataka chief minister BS Yediyurappa on Monday said his son BY Vijayendra will contest the May 10 Assembly elections from Shikaripura in this district, which he represented in the Lower House six times.

The BJP strongman, who had already announced his retirement from electoral politics, again ruled out the possibility of his son being fielded from Varuna in Mysuru against Congress stalwart Siddaramaiah.

Vijayendra, who is a BJP state vice-president, sought the people's blessings to contest from Shikaripura.

"There was a pressure on Vijayendra to contest from Varuna constituency but I decided that he should contest from Shikaripura because this was the constituency which gave me a political life, recognition and honour," Yediyurappa said addressing a public meeting.

Case against DKS

A case was registered by the police against Karnataka Congress chief DK Shivakumar on Monday for allegedly distributing cash during a poll campaign.

The action comes days after the police had registered a non-cognisable offence against Shivakumar following a complaint alleging that he showered currency notes at the crowd, from his campaign bus at Bevinahalli village in Mandya Taluk on March 28. **PTI**

Pollution Board's 'insufficient' report on lake has NGT seething

'Neither meaningful action taken against violators nor compensation for past violations at Chandapura Lake assessed'

| Garima Prasher
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The National Green Tribunal (NGT), in its recent order regarding damage to Chandapura Lake, has rapped the Karnataka State Pollution Control Board (KSPCB) for its inaction.

As per NGT's directive, the state pollution watchdog was to submit a report on action taken against violators and erring officials to prevent pollution. While KSPCB recently submitted the report, NGT noted that the report is insufficient.

"The report filed by KSPCB is in no way an adequate discharge of public trust doctrine for the restoration of the lake in question. It is disappointing to note such callousness of the authorities in dealing with the matter. Neither any meaningful action has been taken against the violators to prevent pollution nor compensation for past violations assessed and recovered on Polluter Pays principle," observed the green court.

The tribunal opined KSPCB, in its report, has also failed to clarify how Karnataka Industrial Area and the industries are located in the buffer zone of the lake against the Wetlands Conservation and Management Rules, 2017, and the Water Act, 1974.

"The closure orders (from KSPCB to erring industries) should be followed by the stoppage of electricity till a proper system of effluent treatment is provided, avoiding transporting effluent by tankers to long distances. There is also no mention of generation of sewage in the catchment (area) and its diversion through underground drainage to the Sewage Treatment Plant. The report is silent on steps for conservation of lakes in-situ and ex-situ mode," observed the tribunal.

NGT has now directed the board to produce an action report in a tabulated form by July 15, giving details on progress made and target date of completion for issues like industries, CETP, Sewage, demarcation, encroachment, and other associated actionable points.

The NGT order notes that of the total 24.27 acres of Chandapura Lake, nearly two acres have been encroached upon

Earlier, in an order dated October 10, 2022, the tribunal had directed the State to pay an environmental compensation of Rs 500 crore for not maintaining the water body. NGT then observed that the huge damage caused to the lake was due to the inaction of the authorities. This order was passed based on the factual aspects of a report by a joint committee appointed by NGT and comprising of Central Pollution Control Board, KSPCB, Indian Institute of Science, State Environmental Impact Assessment Authority of Karnataka, National Wetland Committee, State Wetland Authority and the district magistrate of Bengaluru.

> **"The report is in no way an adequate discharge of public trust doctrine for the restoration of the lake in question**
>
> –NGT observation

The order also considered the reports prepared by the Karnataka chief secretary Vandita Sharma and Karnataka Industrial Area Development Board on the Chandapura lake catchment area.

The tribunal noted that the buffer zone of the lake, spread over an area of 7.2 acres in Heelalige Village and 17.27 acres in Chandpura town, has been encroached upon and waste is being dumped into the lake. It is choked by encroachments and out of the total 24.27 acres, nearly two acres of the lake have been encroached on by construction activities. The buffer zone of the lake has been encroached upon by a government hospital and local shops.

The fence around the lake has been broken and garbage is littered on its boundaries.

The green court had also noted that in absence of a sewage treatment plant, untreated sewage is entering the lake from Jigani-Bommasandra industrial area.

Delay in giving info costs BESCOM ₹25,000

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The Karnataka Right to Information Commission has slapped a fine of Rs 25,000 on the Public Information Officer (PIO) of Bangalore Electricity Supply Company Ltd (BESCOM) for delaying the submission of documents requested through RTI.

Despite notifying several times that documents submitted by ESCOMs are part of public information, some PIOs continue to deny the information. After much delay, the applicants approached the Karnataka Right to Information Commission.

While applying for electricity, the customer has to submit several documents including a purchase deed, donation deed and partition deed, etc. Courts have also considered the documentation related to ownership of property a public record that needs to be furnished when requested through RTI. However, often such requests are denied on grounds that it is personal information.

Courts consider documentation related to ownership of property to be a public record

A citizen named Sunil Kumar filed an RTI with the Assistant Executive Officer of BESCOM on March 24, 2022, and requested for all documents submitted for a plot in Hosur Road, Siddhartha Colony in Koramangala from the year 2018 onwards. As the PIO did not furnish the details, Kumar filed a first appeal on April 13, 2022. After the first appellate also failed to furnish the information, he filed a second appeal with the Karnataka Right to Information Commission on June 27, 2022. Taking note of the delay, the state information commissioner HC Sathyan imposed a fine of Rs 25,000 on the PIO and demanded that the details be furnished within 30 days.

What's next with dam protection?

Parliamentary committee raises concerns about Hesaraghatta reservoir, citing potential to reduce functional life of dam

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As there is a growing concern about protecting the Hesaraghatta grasslands, the next mission is to ensure the safety of the Hesaraghatta reservoir. Recently, the parliamentary committee red-flagged the ageing dam, which was just a few feet short of the maximum reservoir level in October due to heavy rainfall in the catchment area. However, failure to implement safety measures could lead to future issues for downstream residential areas and villages.

The Hesaraghatta reservoir is over 100 years old and was once a vital source of drinking water for Bengaluru. Karnataka has 15 reservoirs that are over a century old, including Borana Kanive tank (constructed in 1892), Deepambudikere (1906), Hesaraghatta reservoir (1896), Kadaba tank (1906), Kottur tank (1888), Kunigal Doddakere (1906), Old Madaga tank (1908), Madagamasur tank (1908), Maidal amanikere tank (1895), Mavathur tank (1908), Nidasale tank (1906), Nittur tank (1906), Ranikere (1907), Thonnur tank (1000), and Vanivilasa Sagara dam (1907).

According to a recent report submitted to the Lok Sabha by the standing committee on water resources, as of 2019, there were 234 functional large dams in India that were 100 years old

The Hesaraghatta reservoir is over hundred years old and was once a vital source of drinking water for Bengaluru

According to a recent report submitted to the Lok Sabha by the standing committee on water resources, as of 2019, there were 234 functional large dams in India that were 100 years old. Dams in India are typically designed to have a useful life of approximately 100 years. Progressive reservoir sedimentation can reduce project benefits and decrease the functional life of dams.

Currently, there is no information or recommendations from dam owners regarding decommissioning.

To address the importance of dam safety, the Dam Safety Act was notified in 2021. This act provides for surveillance, inspection, operation, and maintenance of specified dams to prevent dam failure-related disasters and ensure their safe functioning. However, there have been past failures from old large dams, such as the Tigra Project in Madhya Pradesh (completed in 1917 and failed the same year), the Ashti Project in Maharashtra (completed in 1883 and failed in 1933), the Khadakwasla Project in Maharashtra (completed in 1880 and failed in 1961), the Jamunia Project in Madhya Pradesh (completed in 1921 and failed in 2002), and the Jaswant Nagar Project in Rajasthan (completed in 1889 and failed in 2007).

Further, the report states that there is currently no mechanism to assess the viable lifespan and performance of dams, and these dams are mostly owned by state governments responsible for their operation and maintenance.

Therefore, the committee recommends that the Jal Shakti department take appropriate measures to develop a viable mechanism for assessing the lifespan and operations of dams. They should also urge states to decommission dams that have outlived their useful lifespan and may pose a severe threat to life and infrastructure in case of any failure.

Stray dog carries newborn in mouth at hospital

#Shivamogga

The Karnataka Police have formed three teams to investigate the case of a stray dog carrying an infant in its mouth in the premises of the McGann hospital in Karnataka's Shivamogga district, officials said on Monday.

The Doddapete police in Shivamogga, who have registered the case, are getting the details of deliveries of babies in the recent past in all government and private hospitals of the city.

According to police, the incident had come to light on Sunday. The dog was spotted carrying the baby in its mouth on March 31. A woman security guard had filed a police complaint in this regard and the incident had come to light lately.

The guard had told police that as she reported to duty at 6 a.m. at the hospital on March 31, people informed her about a dog carrying the baby. The dog was also spotted coming out from the maternity ward. The guard had searched the premises and found the dog holding the baby in its mouth.

The baby was recovered and found dead. The police are not sure whether the baby was killed by the stray dog. The post-mortem has shown that it was a premature delivery. The authorities have told police that the delivery of the baby did not happen at McGann hospital.

The district health authorities have asked the hospital to submit a report in three days. The police are sending the samples of the body parts to a DNA test. Further investigation is on. **-IANS**

Heavy rain pounded the city on Monday evening. A family had a miraculous escape as a coconut tree was uprooted and fell on a live electric wire at Bhubaneswar Nagar, T Dasarahalli

NGT committee at Bellandur Lake

CONTINUED FROM PAGE 1

measures to prevent the construction of buildings in the buffer zone of the waterbody.

"The debris and construction material are dumped in the buffer zone. The construction of a building is in progress. The authorities have to take measures to stop the construction in the buffer zone," he said.

He advised the BDA engineers to utilise the wetland area and remove the temporary road constructed between the lake and the wetland. He has also directed the BDA engineers to take measures to prevent sewage flowing into the lake.

"I am not happy with the BBMP storm water drain department which has reduced the width of the existing storm water drain in the name of remodelling. To avoid flooding at nearby apartment complexes, the BBMP has constructed one more storm water drain but it carries sewage into the lake instead of rain water," he said.

Meanwhile, lake activists and residents of Bellandur want the BDA to expedite the desilting of the lake.

"The BDA and BBMP are not following the NGT guidelines. There is a lot of pending work at the lake. Encroachments are yet to be cleared and construction of structures continues in the buffer zone," said Jagadeesh Reddy of Varthur Rising.

Some residents were seen enquiring with the BDA engineers whether the desilting of the lake would be completed before the onset of the monsoon.

"This has been a challenging year with heavy and unprecedented rains leaving few days for rejuvenation with the added challenge of villagers and MLA of Mylasandra and Vittasandra stopping the trucks; 60% of Bellandur Lake would be desilted this year," said Sonali Singh, a resident of Bellandur.

Saplings on makeshift road

Around 30 saplings are planted on a temporary road that is expected to be removed as soon as the desilting work is completed. What will happen to these saplings planted recently by the BBMP forest department? No one has a convincing answer.

Generally, the BBMP forest department has to select suitable vacant places for planting saplings but it has blindly followed the BDA's advice and planted saplings without considering the safety of those saplings.

As of now, there is no one to water them and there is no guarantee of the survival of these saplings when the temporary mud road is removed.

"The saplings are planted by the BBMP forest department. We told them to replant them in the wetland away from this temporary road," the BDA engineer said.

Meanwhile, BBMP's assistant conservator of forests (Mahadevapura), Sudarshan, said saplings were planted as per the BDA authorities' advice. "I will make arrangements for shifting the saplings to a safer and suitable place," he said.

THE LOVE MACHINE

Why sex, love and companionship with AI could go mainstream

There was once a stigma attached to online dating: Less than a decade ago, couples who had met online would make up stories for how they met rather than admit they had done so via an app.

Not so anymore. Online dating is so mainstream that you're an outlier if you haven't met your partner on Tinder, Grindr or Hinge.

We bring up online dating to show just how quickly conventions around romance can change. With rapid advances in AI technology over the past few years, these norms may well evolve to include sex, love and friendships with AI-equipped machines.

In our research, we look at how people use technology to form and maintain relationships. But we also look at how people bond with machines – AI-equipped systems like Replika that essentially operate as advanced chatbots, along with physical robots like RealDollx or Sex Doll Genie.

We explore the forms of sex, love and friendships that people can experience with AI-equipped machines, along with what drives people to forge these relationships in the first place – and why they might become much more common sooner than you'd think.

Loneliness cure

A common misconception is that people who are lonely and otherwise unsuccessful in relationships are the most likely to turn to AI-equipped machines for romantic and sexual fulfillment.

But, research shows that users of this technology differ in only small ways from nonusers, and there is no connection between feelings of loneliness and a preference for sex robots. Someone's willingness to use sex robots is also less influenced by their personality and seems to be tied to sexual preferences and sensation seeking. In other words, it seems some people are considering the use of sex robots mainly as they want to have new sexual experiences. However, an enthusiasm for novelty is not the only driver. Studies show people find uses for sexual and romantic machines outside of sex and romance. They can serve as companions or therapists, or as a hobby.

In short, people are drawn to AI-equipped machines for a range of reasons. Many of them resemble the reasons people seek out relationships with other humans.

Relationships 5.0

Many researchers have voiced ethical concerns about the potential effects of machine companionship. They are concerned that the more that people turn to machine companions, the more they'll lose touch with other humans – yet another shift toward an existence of being "alone together," to use sociologist Sherry Turkle's term.

Despite this apprehension, there is little research that examines the effects of machine partners. We know quite a bit about how technology, affects people in relationships, such as the benefits and harms of sexting among young adults, and ways in which online dating platforms influence the long-term success of relationships.

Understanding the benefits and drawbacks of AI partners is a bit more complicated.

We are now in an age of what sociologist Elyakim Kislev calls "relationships 5.0" in which we are "moving from technologies used as tools controlling human surroundings and work to tech that are our ecosystem in and of themselves."

Therapeutic value is often mentioned as one benefit of romantic and sexual AI systems. One study discussed how sex robots for elderly or disabled folks could empower them to explore their sexuality, while almost half of physicians and therapists surveyed in another study could see themselves recommending sex robots in therapy. Robots could also be used in therapy with sexual offenders. But very limited research exists on these uses, which raise a range of ethical questions.

People are drawn to AI-equipped machines for a range of reasons, such as a cure for loneliness or attraction to new experiences. Many of them resemble the reasons people seek out relationships with other humans

We also have very little knowledge about how human-to-robot relationships compare with human-to-human relationships. However, some of our early research suggests that people get just about the same gratification from sexting with a chatbot as they do with another human.

According to theories about how sexual relationships with artificial partners would work, one of the many factors that could affect the quality of the interactions – and, ultimately, the wider adoption of relationships with robots and AI chatbots – is the associated stigma.

While women are the main purchasers of sex toys – and their use has become a generally accepted practice – people who use what's called "sextech," or technology designed to enhance or improve human sexual experiences, are still stigmatised socially. That stigma is even stronger for romantic AI systems or sex robots.

Be my v-AI-lentine

As we have seen with dating apps, technological advancements in the context of relationships initially face skepticism. However, there's no question that people seem capable of forming deep attachments with AI systems.

Take the app Replika. It's been marketed as the "AI companion who cares" – a virtual partner that promises to engage users in deeply personal conversations, including sexting and dirty talk.

In February, the Italian Data Protection Authority ordered that the app stop processing Italian users' data. As a result, the developers changed how Replika interacts with its users – and some of these users went on to express feelings of grief, loss and heartbreak, not unlike the emotions felt after a breakup with a human partner.

Legislators are still figuring out how to regulate sex and love with machines. But if we have learned anything about the ways in which technology has already become integrated into our relationships, it is likely that romantic relationships with AI-equipped systems and robots will become more common.

(Marco Dehnert and Joris Van Ouytsel, Arizona State University, The Conversation)

BITS & BYTES

BRAKES ON BOTS

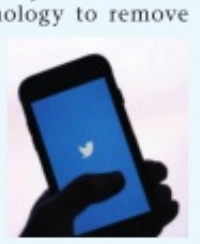
Germany could follow in Italy's footsteps by blocking ChatGPT over data security concerns, the German commissioner for data protection told the Handelsblatt newspaper in comments published on Monday.

Microsoft-backed OpenAI took ChatGPT offline in Italy on Friday after the national data agency banned the chatbot temporarily and launched an investigation into a suspected breach of privacy rules by the artificial intelligence application.

"In principle, such action is also possible in Germany," Ulrich Kelber said, adding that this would fall under state jurisdiction. He did not, however, outline any such plans. **Reuters**

TICK TAC TOE

After a messy weekend where Twitter did not remove legacy accounts with Blue check marks as declared earlier, fresh details have emerged that Elon Musk-run company does not have the backend technology to remove around 4.2 lakh legacy accounts with Blue ticks all at once.



According to The Washington Post, there are technical challenges to removing so-called blue ticks quickly at scale and the only way to do it currently is a manual approach. "Removal of verification badges is a largely manual process powered by a system prone to breaking, which draws on a large internal database -- similar to a spreadsheet -- in which verification data is stored, according to the former employees," the report noted. **IANS**

BAD PIECE OF WORK

Meta took down over 28 million pieces of content across 13 policies for Facebook and across 12 policies for Instagram in India for the month of February in compliance with the new IT Rules, 2021. From February 1-February 28, Meta actioned over 24.8 million pieces of content across 13 policies for Facebook and 3.3 million pieces of content across 12 policies for Instagram.

These include pre-established channels to report content for specific violations, self-remediation flows where they can download their data, avenues to address account hacked issues, etc, Meta said. **IANS**

Bye-bye dial-up, leased line internet

#New Delhi

Telecom regulator TRAI on Monday issued a draft to repeal the regulation on quality of service of dial-up and leased line internet access service.

The Telecom Regulatory Authority of India (TRAI) said that there are no dial-up subscribers now and high-speed broadband services are being provided through optical fibres, wireless technologies such as 4G.

"Authority decided to repeal the Regulation on quality of service of dial-up and leased line internet access service, 2001 (4 of 2001) with effect from the date of its notification in the Official Gazette," the draft said.

TRAI has sought comments on the draft by April 17.

The regulation on quality of service of dial-up and leased line internet access service, 2001, was notified with the primary aim of specifying the quality of service benchmarks to be achieved by the service providers and ensure customer satisfaction. – PTI

In Arunachal, China continues name game

China's Ministry releases Chinese names of 11 places along with its precise coordinates in Indian state

#Beijing

China has released a third set of names in Chinese, Tibetan and pinyin characters for Arunachal Pradesh, as part of its efforts to reemphasise its claim over the Indian state.

China's Ministry of Civil Affairs on Sunday released the standardised names of 11 places for Arunachal Pradesh, which it calls "Zangnan, the southern part of Tibet" in accordance with regulations on geographical names issued by the State Council, China's cabinet.

The official names of the 11 places were released on Sunday by the ministry, which also gave precise coordinates, including two land areas, two residential areas, five mountain peaks and two rivers and listed the category of places' names and their subordinate administrative districts, state-run Global Times reported on Monday.

This is the third batch of standardised geographical names for Arunachal Pradesh issued by China's civil affairs ministry. The first batch of the standardised names of six places in Arunachal was released in 2017, and the second batch of 15 places was issued in 2021.

India has previously dismissed the Chinese move of renaming some places in Arunachal Pradesh, asserting that the state has "always been" and will "always be" an integral part of India and that assigning "invented" names does not alter this fact.

An Indian soldier at the Indo-China border area in Bumla, a 15,500-ft high mountain pass in Arunachal Pradesh, on the McMahon Line

"This is not the first time China has attempted such a renaming of places in the state of Arunachal Pradesh," External Affairs Ministry spokesperson Arindam Bagchi said in December 2021.

"Arunachal Pradesh has always been, and will always be an integral part of India. Assigning invented names to places in Arunachal Pradesh does not alter this fact," he had said.

The Global Times, which is part of the ruling Communist Party's mouthpiece People's Daily group of publications, quoted Chinese experts as saying that the announcement of names is a legitimate move and China's sovereign right to standardise the geographical names. The first set of names was announced by China in 2017 days after the Dalai Lama's visit to Arunachal Pradesh. China was sharply critical of the Tibetan spiritual leader's visit.

The Dalai Lama fled from Tibet through Tawang in Arunachal Pradesh and sought refuge in India in 1959 after China took military control of the Himalayan region in 1950. – PTI

Bail to Rahul Gandhi; conviction stay plea hearing on April 13

#Surat

A sessions court in Surat on Monday granted bail to Rahul Gandhi and will hear on April 13 the Congress leader's plea for a stay of his conviction in a 2019 criminal defamation case over his "Modi surname" remark in which he was sentenced to two years in jail that led to his disqualification from the Lok Sabha.

The former Congress chief, who was present in the court, in his appeal against his conviction and sentence by a Magistrate's court on March 23 contended that the order was "erroneous and patently perverse", alleging he was sentenced in a manner so as to attract disqualification as a Member of Parliament.

Gandhi submitted he was treated harshly by the trial court which was "overwhelmingly influenced" by his status as an MP, and maintained there is no such thing as a "definite Modi samaj or community on record". "It appears reasonable to argue that the applicant was really sentenced in a manner so as to attract the order of disqualification (as an MP)."

Congress leader Rahul Gandhi waves to the crowd as he leaves the Surat District Court

He further said that by the very nature of his task, a politician in Opposition cannot always weigh his words in "golden scales."

"Hence, it is incumbent upon courts to focus on the essence and spirit of the speech (related to Modi surname) made rather than on the tone and tenor," Gandhi said, adding "a strong and uncompromising opposition" is the essential requirement of a "true and healthy democracy."

"Parliamentarian, in Opposition, is expected or rather required to be 'vigilant and critical', and the view of the trial court that a Member of Parliament deserves to be awarded the highest punishment because of his status "is wholly unwarranted and manifestly unjust," said the four-time MP. Gandhi's lawyer Kirit Panwala said the bail was given by Additional Sessions Judge RP Mogera till the disposal of his appeal against the Chief Judicial Magistrate H H Varma's order of conviction and sentence on March 23. A day later, Gandhi was disqualified as a member of the Lok Sabha.

He stands disqualified from contesting Lok Sabha and Assembly elections for eight years unless a higher court stays his conviction. – PTI

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personal

CHANGE OF NAME

I, Huzaifa Sadiqali Kapasi S/o Sadiqali Kapasi R/o B1, Sapthagiri Homes Gottigere,Bohra layout, Bangalore 560083. I have changed my minor son name from HUSAIN to HUSAIN KAPASI, with KAPASI as surname, Affidavit No. IN-KA32017207734743, Dated 4/1/2023 before Notary H S Sakalesh, and he shall hereafter be Known As HUSAIN KAPASI for all future purposes.

I, Venkatalakshmamma Narayanappa W/o Rama krishna Reddy S R/a no 38, 1st floor, 2nd Cross, Chamun deswari layout, Doddabomm asandra Bangalore 97. I have changed my name to Venkatalakshmamma Narayana Reddy. Vide affidavit dated 03-04-23. Sworn before notary V. Anjanappa B'lore.

I, Poonam Mitra R/o Flat-102 , M Block Ajmera Infinity Neeladri Nagar Electronic city Phase-1 Bengaluru-560100 have changed my minor son's name from Shivam Bose Sarbadhikary to Shivam Mitra for all purposes.

I, T. NAGARAJA RAO, wife of late Mr. A.Nagaraja rao. presently residing at No.31/14, Loyola Layout, Off: Victoria Road, Bangalore-560 047 have changed my name from: TERESA CASETELLAS to T.NAGARAJA RAO, vide Affidavit dated 31.03.2023 Sworn before notary: S.Ramesh, Bangalore

I, PARVEEN SULAGEKAR. S/o. Laxman F Sulgekar and Residing at No.288, Munesh wara Nilaya, Kakayappa Layout, Whitefield, Bangalore 560066 Karnataka, India, have changed my name to PRAVEEN L SULGEKAR vide affidavit dated: 03.04.2023 before notary B.V Nagabhu shana, Bengaluru.

I, PREETI AGRAWAL, W/o. Nikhil Bhawsinka residing at A-1602, Club Meadows, House Of Hiranandini, Akshaya Nagar, Begur Road, Arekere, Bangalore 560076 Karnataka, India, have changed my name to PREETI AGARWAL, vide affidavit dated: 27.03.2023 before notary B.V Nagabhu shana, Bengaluru.

I, Priya Murali Krishnan r/o # 23 Gokulam 4th Main 4th Block 1st Stage Hennur Main Road B'luru-560084 have Changed my Minor Son's name from Rishi Krishnan to Rishi Murali Krishnan. vide Affidavit dt: 03/04/2023 Before Notary B S Padmaprasad, B'luru.

I, Vasantha Kumari w/o Nagalingappa kammar, Jaipura Doddi, Shivanahalli Ragihalli, Bengaluru 560083 have changed my name to Vasanthakumari N Kammar affidavit Dt.03/04/2023 notary Ganesh Gowda M.V, B'luru

I, Rithvik Nair, r/at Changa nedassery, Thanickal Elama kkara P.O. Ernakulam 682026 have changed my name to Rithvick Nair for all practi cal purposes vide affidavit dt. 07.03.2023 sworn before Notary B G Sriram, Bangalore

I Vynitha D/o George Timothy R/o #126 Near Adarsha Film Institute Dasanhalli Hesar - ghatta Bangalore North B'lore-560088 have changed my name to Vynita for all purposes.

I, Amit Kumar Pandey R/o Hoysala Nagar, Ramamurthy Nagar, Bangalore 560016 have changed my minor son's name from Adyant Pandey to Adhrit Pandey for all purposes.

I, Shreya W/O Shashank Gaurav born on 18/08/1996 R/o A-1708, Candeur Landmark, Varthur Main Road, Gunjur, Bengaluru-560087 have changed my name to Shreya Shashank

I Jheel W/O, Aman M Palrecha R/o #290/12, 36th Cross, 7th C Main, 4th Block, Jayanagar, Bengaluru - 560011 have changed my name to Jheel A Palrecha for all purposes.

I, MANAMOHAN PANDA, S/o. Rabindra Panda and Residing at Nandi Retreat Apt, B209, Sy No.92/2 & 92/3, Begur Hobli, N R Gottigere, Lake, Off BG Road, Bangalore 560083 Karnataka, India, have changed my name to MAN MOHAN PANDA, vide affidavit dated: 29.03.2023 before notary B.S Padma prasad, Bengaluru.

I, Nishanth K.V #37, Cooper coffee estate, Hulukodu vill, Hulse, Handli post, Somawar - pet Tq, Kodagu 571235 have changed my minor son name from Evaan to Evaan Nishanth Gowda affidavit Dt.03/04/2023 notary Ganesh Gowda MV, Bengaluru, presently my camp at Bengaluru

I Sasi Kumar Rajasekharan S/o K R Rajasekharan Nair R/o Villa No 198, Golden Pearl, Indalebele, Attibele Sarjapur Road, Attibele, Bangalore Rural, 562107 Have Changed My Name to Sasi Kumar vide affidavit dated 03 April 2023 before Notary Adv. Muniswamy T, Bangalore

I, Krishnamurthy Parameshwar Hegde, S/o Parameshwar R Hegde, R/o B302,Gauthami Meadows,2nd Cross Shushruthi Nagar Basapura-560100 have changed my minor daughter's name from Nidhi to Nidhi Krishnamurthy Hegde for all purposes.

I, Priyanka Sandeep Patel r/o # 120 'Ashirwad' 16th B Main 4th Block, Koramangala B'luru-560034 have Changed my Minor Daughter's name from Aanya Patel to Aanya Sandeep Patel. vide Affidavit dt: 03/04/2023 Before Notary B S Padmaprasad, B'luru.

I,MOHAN Kurumbann Morapooran R/o #70, 2nd Cross P R Layout, Marathahalli, Munekolala, Bangalore 560037 have changed my minor daughter's name from Anvitha Mohan Kurumbann to Anvitha Mohan for all purposes.

I, Aswini Lokanathan R/o 102, Sri Infra Heights, Vinayaka Layout, Shanthipura, Electronic City Phase-2, Bengaluru-560099 have changed my minor son's name from Saatvik Naidu Praveen to Saatvik Naidu for all purposes.

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HEALTH TIP: Physical inactivity is one of the main causes of long-term sickness and is considered a global health problem

Stretch when you wake up. This can safeguard against injuries and prevent chronic joint and muscle disease

Can't wake up and smell the coffee?

How poor sleep can affect your day at work – and 4 ways to function better

Think back to a night when you slept poorly. How productive were you the next day at work? Did you struggle to get started? Did the day drag on and on? Did you procrastinate on Twitter or TikTok rather than doing your work?

If your answer to these questions is "yes", you're not alone. Even though we don't fully understand why we sleep, we know that sleep is crucial for our physical and mental functioning.

So how exactly does a night of poor sleep affect our performance the next day at work, and how can we counter any negative effects?

Research in organisational behaviour has identified sleep as important for being effective at work. For example, my colleagues and I have carried out diary studies in which employees complete surveys several times a day over several work weeks.

The findings demonstrate that on days with good as compared to bad sleep (that is, a higher sleep quality or duration) employees perform better at their core work tasks, are more engaged at work, and are more likely to support colleagues.

Meanwhile, a lack of sleep makes employees more likely to procrastinate and engage in unethical behaviour such as claiming credit for someone else's work.

One study found that on days after managers had poorer quality sleep, their employees reported more frequent occasions of abusive supervision, such as making negative remarks about them in front of other colleagues.

Sleep affects willpower

Sleep is particularly important for higher-level cognitive skills that we use to control and coordinate our thoughts and behaviour. A vital cognitive skill that particularly relies on good sleep is self control, or willpower.

A lot of what we do at work requires willpower. We need willpower to control our impulses and emotions, to complete tasks that are less enjoyable or outright unpleasant, and to resist distractions when working.

Examples of situations that require willpower at work might include someone in a customer-facing role providing service with a smile even though they're not really in a positive mood, or someone working remotely focusing on a challenging task while their children play in the background.

Tips to function well after a bad night's sleep

There's lots of research that highlights the importance of good sleep and provides recommendations to improve sleep, such as refraining from using smartphones before bed. But from time to time, most of us will still have a bad night, especially if we're feeling stressed. So how can we function well at work the next day?

Be strategic about the tasks you work on

If possible, you should avoid work tasks that require willpower on days when you haven't slept well the night before. Instead, work on tasks that are simple and don't require a lot of thinking or attention.

If you can't avoid tasks that require willpower, schedule them for early in the day as that's when you are likely to have more mental energy.

Rethink your mindset

Research shows that the way people think about willpower shapes their ability to engage it.

One theory suggests that exerting willpower drains our mental energy, which makes us less willing and able to exert further willpower. But people who strongly believe that willpower relies on limited mental resources feel more drained after exerting willpower compared with people who believe that willpower relies on unlimited resources that can be easily recovered.

According to my research, employees who believe that willpower relies on unlimited resources in this way perform better at work on days when they lack sleep. So, even though researchers are still working to understand the limits of willpower, you might try to reconsider your view of how strongly exerting willpower depletes your mental energy.

If you can't change yourself, change your situation

If you're on a diet, it's easier not to buy chocolate in the supermarket in the first instance than to refrain from eating it every time you open the kitchen cupboard. Research has shown that people who are very good at exerting willpower actually try to avoid situations that will require it.

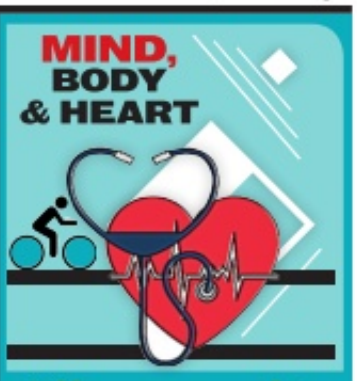
In an experiment, when given the option to work on a task in a room with few as compared to many distractions, people who were better at exerting willpower were more likely to choose the room with fewer distractions. So particularly on days where you've had a poor night's sleep, strategies which avoid the need to exert willpower altogether can help you to be more productive and complete your work tasks.

Watch a funny video

Positive emotions can help restore our mental energy as they counteract the harmful effects of negative emotions.

In a recent study, my colleagues and I found that watching a funny video during the day can reduce the harmful mental effects of work demands that require willpower, and thereby enhance employees' effectiveness. So on days when you didn't sleep well you may find it helpful to briefly distract yourself by watching a funny video when you feel that your mental energy is low. But be mindful not to get hooked.

(Wladislaw Rivkin, Trinity College Dublin for The Conversation)



All you need to know about...

Gastritis

What is it?

Gastritis literally means inflammation of the stomach lining, and there are many causes, alcohol being one of the most common.
Stomach acid makes it worse.

What are the major symptoms?

It's like indigestion but much worse because it's accompanied by pain, loss of appetite, feeling full and bloated, nausea, vomiting, burping and farting.
If you vomit bright red blood or your vomit is black like coffee grounds, your poo is black, sticky and extremely smelly, or you have sudden severe tummy or chest pain, treat it as an emergency.

What are the causes

Taking anti-inflammatory painkillers (such as ibuprofen) and aspirin, drinking too much alcohol, being very stressed, and infection with a bacterium called helicobacter pylori (H. pylori). H. pylori causes stomach and duodenal ulcers.

What are the treatments

Treatment for gastritis depends on what's causing it.
If gastritis is only causing mild indigestion, there are things you can do for yourself such as reduce the number of caffeinated drinks you have, avoid alcohol, lie on an extra pillow in bed, and lose weight if you're overweight.
Talk to your doctor about stopping anti-inflammatory painkillers (such as ibuprofen) or aspirin and try a different medicine, if possible.
Your GP might prescribe medicines to control stomach acid and stop it from rising into your food pipe (oesophagus), such as antacids and proton pump inhibitors.
With persistent or severe gastritis, your GP might refer you to a specialist (gastroenterologist) who would then perform a gastroscopy to look inside your stomach.

—Dr Miriam Stoppard, Daily Mirror

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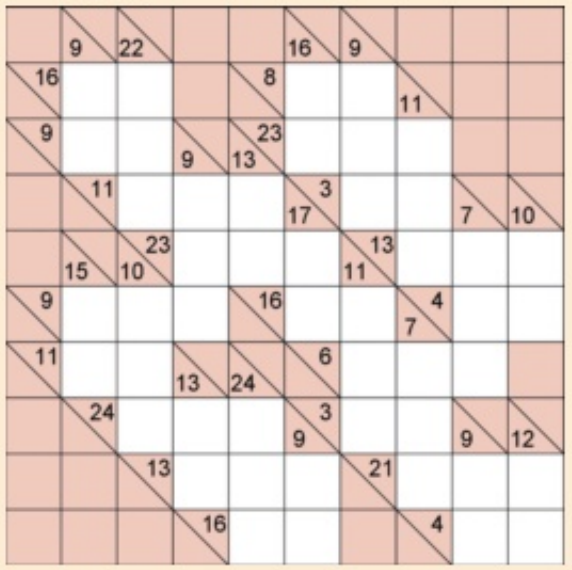
Kakuro

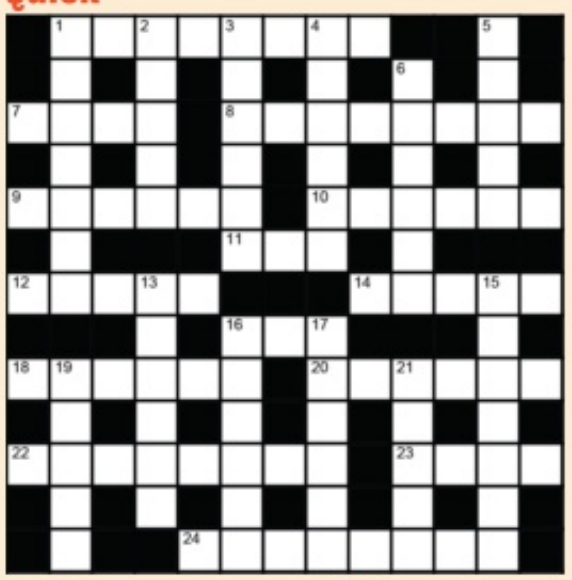
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Placed or kept apart from others (8)
7 Pedestal part (4)
8 Shivaji and his descendants? (8)
9 Bone in ear (6)
10 Subjects (6)
11 Aunt in Spanish (3)
12 Burnoose wearers (5)
14 Attend to the fire (5)
16 Arab sleeveless garment (3)
18 Victor (6)
20 Ringed planet (6)
22 Fungal skin disease (8)
23 System of rules (4)
24 Grotesque misrepresentation or imitation? (8)

DOWN

1 Hors d'œuvre (7)
2 Munch noisily (5)
3 Extreme (6)
4 Lists of mistakes (6)
5 British scientist ____ Newton (5)
6 __ __ nothing : be ruthless? (4,2)
13 Not malignant (6)
15 Karnataka's first Chief Minister (1,1,5)
16 Protective coat of metal (6)
17 Isaac ___ : the master of science fiction? (6)
19 Imbecile or moron (5)
21 Pleats (5)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: S EQUALS G

CR UHXW ED NEXCBIT, LBNB-JLXW UBJRN IE CRFBNICSJIB NEUBIWCRS TEH QE REI MREV EL HRQBLNIJRQ.

Linemaro

The thought of being with you tomorrow is what helps me go through with today

Mindchow

You have complete dominion over two things – your mind and your mouth

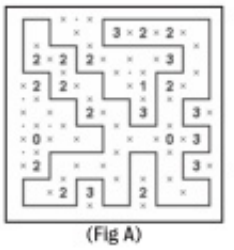
Joke of the day

Time heals all wounds As most video game designers will tell you

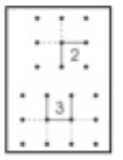
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)



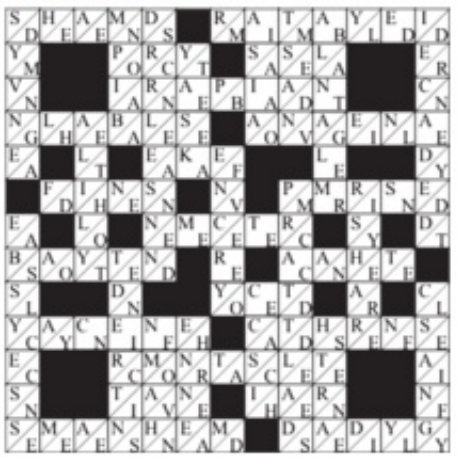
(Fig B) Not Allowed

How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)

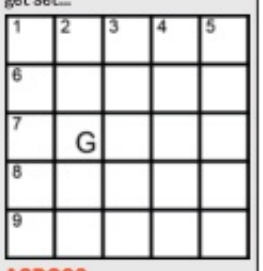
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

1 S Hals; 6 He tit;
7 Ma hog; 8 Nu Awe;
9 Sperm

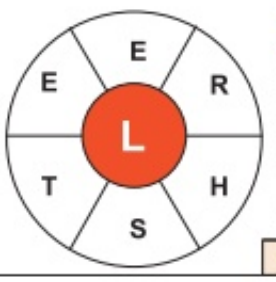
DOWN

1 Spout; 2 Gel in;
3 Arhat; 4 Whams;
5 She me

Mensapuzzle

Which number should replace the question mark?

Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

05 Average; **06** Good; **08** Outstanding

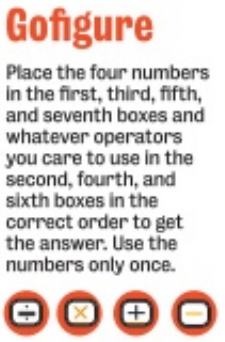
SudokuChallenge

	4	6	8		7	1	5	
			3		1			
		9		6		7		
7	6						3	9
2	3						8	7
		4		5		9		
			9		2			
	5	2	1		4	3	6	

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.



Hocusfocus

Find at least six differences in details between panels.

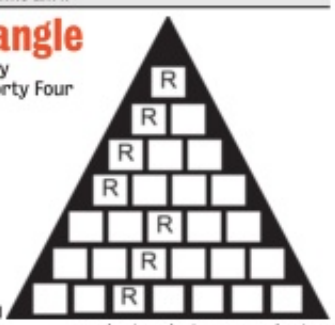
Differences: 1. Finger is moved. 2. Collar is different. 3. Bookend is larger. 4. Chalkboard is wider. 5. Back of chair is different. 6. Book is smaller.

Riddler

You may find fire within me Though to water I've been compared. You may also find a twinkle When through my pane you stare. When of wind I am the calm The center holding still. When of you, a different part My bottom lid, my sill. You may look into me only to see through. You may indeed look out of me Through my frame of varied hue. The riddle in three parts as letters in my name. The riddle shows you who I am But tell me just the same. Who am I?

Alpha triangle

1 Radius in geometry
2 Atomic number Forty Four
3 Humdrum life
4 Litter's littlest
5 Italian city
6 Root vegetable
7 Prude



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Redeye by Mel Casson

Bizarrotrip

Diamond Lil

Hart of the city

WE TALKED TO DIRECTOR MARCIA, AND MELANIE IS GONNA TAKE OVER YOUR ROLE.
Google
DANA
SHE'S READY! SHE'S A GREAT UNDERSTUDY. THE SHOW MUST GO ON!
BUT I DON'T WANT IT TO GO ON WITHOUT MEEEEE!
SPOKEN LIKE A TRUE ACTOR.

Crankshaft

HI, LILLIAN... HERE'S A CHECK FOR YOUR SHARE OF THE SALE... AND SINCE YOU LIKED THE LOOK OF OUR COMICS SHOP...
HERE'S A ONE-ONE FIGURE FOR YOUR BOOKSTORE!
MISS MARPLE!

Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today you may feel dull; it is advised to keep your mind cool, it's a golden rule for you to think twice before any act. You may travel to recover your money, otherwise you may lose it. You are also advised to avoid going for adventure tours. Students are advised to go for in depth study to get success.

Taurus Apr 21 – May 20
Today you may plan to renovate your house. You may buy some artifacts or creative stuff, which will improve your social status. You may also invest in properties and other assets. You are likely to enjoy your romantic moments with your spouse, which will increase your emotional relationship with them. Singles may find a soul mate. Love birds may make some important decisions in terms of marriage.

Gemini May 21 – Jun 21
Today you may feel happy. Chronic health issues related to family members cannot be cured. Money that was stuck may be recovered now, which may increase liquidity in the business. People who are in a job may get some incentives which will improve your financial health. Job seekers may get a job with the help of any relative or friend's reference. Students may take some help from their friends in terms of academics.

Cancer Jun 22 – July 23
Today is important for domestic life. You may be busy with kids. You may hear some good news in terms of kids' education. You may buy some creative stuff for home or office to maintain your social status. You are advised to use wisdom while buying any household stuff or jewellery.

Leo Jul 24 – Aug 23
Today you may be impatient, which may reflect into your way of working. There may be some silly mistakes, which may stop you from completing your task. Investments in fixed assets are advised to postpone for some days. But with the help of an elder's blessings, you may overcome the messy situation. In the evening, you may be focused towards your work.

Virgo Aug 24 – Sep 23
Today you are blessed by the moon; your destiny is likely to be with you. Today you may be more energetic and focused on your work. Your hard work may pay you in terms of success. Your subordinates may help you. You are likely to go for short work related travel. Some good news may come from your sibling. You may plan to renovate your house or office where your creativity will be tested.

Libra Sep 24 – Oct 22
Today you may be able to control your expenditure on worthless things, which may increase your savings. You may be more creative today, you may use your creativity in your office or at home, which may enhance your social status. Love birds are likely to get some support from their family members and friends for marriage.

Scorpio Oct 23 – Nov 22
Today messy situations are now under control. You may feel peace in the mind. You may be able to make a proper balance in expenditure and earnings, which may increase in savings. You are advised to avoid too much travelling or overworking, it may affect your health. Students can start planning for their higher studies. Love birds may enjoy their happy moments.

Sagittarius Nov 23 – Dec 22
Today you may face health issues, which may make you impatient. You are advised to control your short temper. You may spend your hard earned money buying worthless stuff; it may affect your savings. Love birds are advised to avoid discussions on worthless topics, otherwise there might be some break up.

Capricorn Dec 23 – Jan 20
Today you may meet some influential person, who may help you in the progress of your work. Your network will be strong with the help of that person. You may prepare yourself to implement new ideas into your work or business. You will plan to invest more capital into your business. This may give you financial gains in the near future. In terms of domestic life, you will be busy with family get together and social events.

Aquarius Jan 21 – Feb 19
Today your mother's health may be good. You may enjoy your work, you may get rewards after your hard work. Your social respect may be increased now. Overworking your mind may make you tired; due to workload, you may not be able to reach some family event.

Pisces Feb 20 – Mar 20
Today you may be satisfied at work. You may plan for a short work related trip. You may also visit some religious places to maintain your inner peace. Your gurus may show you the right path, which may give you clarity regarding your goals.

KIDZONE

Michelle E Simons, 8 Years, Baldwin Girls High School

Sneha Gandhi, 7 Years, VSA school

Kidzone, Bangalore Mirror, No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018; Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
=9·0+9·0!
=1+9·1
=1+9
=10

BULL'S EYE
else, heel, leer, lest, reel, SHELTER, steel, steel

RIDDLER An eye

QUOTE UNCODE
In much of society, research means to investigate something you do not know or understand.

FAST FIVE

S	L	A	S	H
T	I	T	H	E
O	G	H	A	M
U	N	A	W	E
P	E	R	M	S

STRIKE OUT

S	E	A	M	S	H	E	D		D	A	I	L	Y	
S	M	A	S	H	E	D		D	A	I	L	Y		
E		C	O	R	A	C	L	E		A				
C	A	N	I	N	E		A	T	H	E	N	E		
B	A	I	L	E	D		R	A	N	E	T			
A		O		E	M	E	R	G	E		D			
F	I	N	N		V		P	R	I	S	E			
E	L		E	K	E			E			Y			
G	L	E	B	E	S		A	N	G	E	L	A		
S	A	B	A	T	H	E	N	E			C			
Y		O	C	T		S	E	A			E			
N		A	B	A	T	H	A	S			C			
S	E	A	M	S		R	A	M	B	L	E			

QUICK

T			T	R	A	V	E	S	T	Y				

MENSA PUZZLE
38:
(8 × 7 = 56) − (3 × 4 = 12) = 44;
(7 × 9 = 63) − (4 × 8 = 32) = 31;
(5 × 10 = 50) − (2 × 6 = 12) = 38

SUDOKU

3	4	6	8	9	7	1	5	2
5	2	7	3	4	1	8	9	6
1	8	9	2	6	5	7	4	3
7	6	1	5	2	8	4	3	9
4	9	8	7	3	6	2	1	5
2	3	5	4	1	9	6	8	7
8	7	4	6	5	3	9	2	1
6	1	3	9	8	2	5	7	4
9	5	2	1	7	4	3	6	8

ALPHA TRIANGLE
R, Ru, Rut, Rutt, Turin, Turnip, Purittan.

GO FIGURE
Easy
7 + 9 − 6 + 6 = 16
Medium
5 + 5 / 1 − 3 = 7
Hard
7 + 9 + 8 − 6 = 18

LOOP

KAKURO

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 # Indiana Jones at Cannes
Indiana Jones and the Dial of Destiny, the fifth film in the Harrison Ford series, will make its world premiere at the Cannes Film Festival on May 18; Cannes will also pay a tribute to Ford for his career

Second shot

Year after accident, Malaika counts blessings

Malaika Arora has come a long way after she met with a car accident last year. On Sunday, she shared a video and penned a gratitude note.

Taking to Instagram, Malaika dropped a video featuring important moments. From dancing on sets, posing with Karan Johar, chilling with her dog, fun moments with her sister Amrita, videos with boyfriend Arjun Kapoor to doing a car stunt.

Sharing the video, she wrote, "A second chance at life...another dance with life! One year since my accident, yet one year of sheer gratitude in my heart for this magic called life!

While it took me some time to overcome what had happened with me, the second chance that I got itself supersedes any shred of fear or shock left in my heart."

Malaika added, "Today, as I look back upon this day after a year, i just feel happy and content about where i am today. Love and light to everyone who's dealing with a difficult situation in life right now. Always remember, it will get better! #gratitude #livelife-tothefullest."

The accident took place on April 2 last year, when Malaika was returning from Pune and some cars collided with each other near Khalapur Toll Plaza on the Mumbai-Pune highway. She underwent treatment in a Mumbai hospital. **— ETimes**

Ishaan in global series

Bollywood actor Ishaan Khatter has now joined the star cast of Nicole Kidman starrer limited series 'The Perfect Couple'.

The series is an official adaptation of the Elin Hilderbrand novel.

Apart from them, the series also stars Liev Schreiber, Eve Hewson, Billy Howle, Dakota Fanning, Meghann Fahy, Jack Reynor, Sam Nivola, Mia Isac, Donna Lynne Champlin, and Isabelle Adjani. According to Variety, a US-based media house, the official logline states, "Amelia Sacks (Hewson) is about to marry into one of the wealthiest families on Nantucket. Her disapproving future mother-in-law, famous novelist Greer Garrison Winbury (Kidman), has spared no expense in planning what promises to be the premiere wedding of the season -- until a body turns up on the beach. As secrets come to light, the stage is set for a real-life investigation that feels plucked from the pages of one of Greer's novels. Suddenly, everyone is a suspect."

The series will stream exclusively on the OTT platform Netflix. Ishaan will be seen portraying the role of Shooter Dival, the groom's best friend. **— ANI**

Diana joins Big B

Actress Diana Penty will be seen sharing screen space with megastar Amitabh Bachchan in the upcoming courtroom drama thriller 'Section 84' directed by Ribhu Dasgupta.

Diana expressed her excitement about working with Bachchan and collaborating with Ribhu Dasgupta.

"Section 84 is very special to me. Not only because it is a riveting story, but also because it is a privilege to work with the legendary, Mr Bachchan. A dream finally realised, to be honest! Ribhu Dasgupta has a very clear vision of what he wants and I am so happy to be collaborating with him on this film. I know this is going to be an experience I will remember, with much to learn from the very best!" Diana said.

Filmmaker Ribhu Dasgupta's next film, a courtroom drama thriller, 'Section 84' stars the legendary thespian Amitabh Bachchan in the lead role. **— IANS**

Temple visit

A video of actress Janhvi Kapoor visiting the Tirupati Balaji temple in Tirumala along with her rumoured boyfriend Shikhar Pahariya is doing the rounds on social media.

In the video, Janhvi is seen dressed in a pink and light green lehenga, while Shikhar sported in a white dhoti and red scarf. The couple were seen offering prayers at the temple and were also accompanied by Khushi Kapoor.

Over the weekend, Shikhar, grandson of the former Chief Minister of Maharashtra Sushilkumar Shinde, was spotted posing with Janhvi's dad Boney Kapoor at the NMACC launch. An inside video from the event captured Janhvi and Shikhar together.

On the work front, Janhvi is gearing up for the release of 'Bawaal' starring Varun Dhawan. Janhvi is all set to mark her Tollywood debut with Jr NTR's film 'NTR30'. **— IANS**

SANDALWOOD SHOTS
Y MAHESWARA REDDY

On police maazar

Businessman Muruganandan M has bankrolled Kannada movie Maazar that is scheduled for release shortly. Muruganandan plays a cop in the movie that puts spotlight on women's safety. Maazar, which has a tagline – Hunters – is Muruganandan's second Kannada movie.

"My first movie was Kareyole. Basically I am a businessman. Movies are my passion. I have been waiting for an apt script to bankroll a Kannada movie. I play a police officer in the movie," said Muruganandan.

Muruganandan plays Puli Murugan who teaches a lesson to rapists and anti-social elements. "I learnt the body language of a cop from my favourite police officer Annamalai Kuppuswamy," he said, adding that Maazar has got an A certificate from the Censor Board. At the audio launch of the film, Excise Minister K Gopalaiah was the chief guest. Diamond Star Srinagar Kitty, Karnataka Film Chambers of Commerce president Ba Ma Harish, Gilli Valavan of Deccan Education Society attended the event.

Director Local Loki said Maazar deals with a relevant issue – safety of women – and suggests stringent punishment for those who violate that. "The movie conveys a message to society; to those who indulge in heinous crime," the director said.

Going places

Madhu Guruswamy is busy with Kannada, Tamil and Telugu movies. Madhu became popular for his sterling performance in Kannada movie Bhajarangi in which Dr Shivarajkumar plays the lead. Guruswamy also plays a key role in Kannada movie Mufti. Now, Guruswamy will play the role he played in Mufti, in the Tamil version too.

"I thank those who helped me to get an opportunity to act in the Tamil movie Pathu Thala, the remake of Kannada movie Mufti. The producer and director have treated me well and I was very comfortable during the shooting," said Guruswamy.

He said that his performance in Pathu Thala has been appreciated by movie critics. "I hope to get opportunities to act in more Tamil movies in the future," he said.

He began his career as an actor with Kannada movie Deadly 2 that released in 2010. He has also acted in Kannada movies such as Chingari, Jaanu, Bhajarangi, Vajrakaya, Jai Maruthi 800. He has also acted in Telugu movie Sakshyam that was released in 2018.

"Now, I am playing a key role in Prabhas-starred movie Salaar, directed by Prashant Neel and produced by Vijay Kiragandur. I am leaving for Hyderabad to participate in the shooting for six days," he said.